

PATIENT INFORMATION LEAFLET: INVISALIGN® ALIGNERS

How often should I wear my Invisalign® clear aligners?

To achieve the best results from your treatment, we recommend that you wear your aligners for at least 22 hours a day. This means you should wear your aligners at all times unless you are eating, drinking, brushing or flossing.

Will it be painful?

It is likely to be sore for about 3-5 days each time the aligner is changed. If necessary, simple painkillers such as the ones you would normally take for a headache should help – please read the instructions.

Will the aligners affect my speech?

Like all orthodontic treatments, aligners may temporarily affect the speech of some people, and you may have a slight lisp for a day or two. As your tongue gets used to aligners, these changes should disappear.

How should I store my aligners when I'm not wearing them?

When you remove your aligners, we recommend you store them in the provided aligner cases. This will help protect your aligners from loss and damage.

What happens if my aligners are lost or no longer fit?

If you lose your aligners, or have trouble wearing a new set, switch back to your most recent previous set of aligners and contact our practice as soon as possible. If you are due to change aligners soon, you may move on to your next set of aligners.

Can I eat normally?

Yes, you should be able to eat normally because you remove the aligners to eat.

How long will treatment take?

Usually about 12-30 months but this will vary according to how severe your tooth problem is. Missed appointments or poor wear of the aligners will add to your overall treatment time.

Will I need to wear another brace once my treatment has finished?

Once the active phase of treatment has finished, it will be necessary to wear a retainer. This may be removable or it may be fixed behind your front teeth. This should be worn indefinitely, please ask your orthodontist about this.

How often will I need appointments?

You will need regular appointments (usually every 6-12 weeks) during treatment for the aligners to be changed.

Do I still need to see my regular dentist?

Yes. It will be important you still have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay and gum disease.